

Your body will start to heal within 24 hours of quitting...

- 20 minutes after quitting, your blood pressure drops to your pre-cigarette level.
- 8 hours after quitting, the carbon monoxide in your blood drops to normal and the oxygen level in your blood increases to normal.
- 24 hours after quitting, you lower your chances of having a heart attack.
- 48 hours after quitting, your sense of smell and taste improve and begin to return to normal.
- 2 weeks to 3 months after quitting, your circulation improves and your lungs work better.
- 9 months after quitting, you experience less coughing, sinus congestion, fatigue and shortness of breath.
- 1 year after quitting, your risk of heart disease is about half of what it would have been if you had continued to smoke.
- 5 years after quitting, your risk of stroke is greatly reduced. Within 5 to 15 years after quitting, it becomes about the same as a non-smoker's risk.
- 10 years after quitting, your risk of dying from lung cancer is about half of what it would have been if you had continued to smoke. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas also decreases.
- 15 years after quitting, your risk of heart disease is the same as a person who never smoked.

Where can I get more information about smoking cessation services?

If you would like more information on how to quit smoking, please speak with your local health care provider (Physician, Health Educator, Public Health Nurse, or Employee Health Nurse) or call the Smokers' Helpline at 1-800-363-5864.



**Labrador - Grenfell
Health**

Smoke Free Properties and You



**Questions and
answers about
the Smoke-Free
Policy.**



In keeping with the mission, vision and values of Labrador-Grenfell Health, our grounds are smoke-free, effective January 1, 2008. This includes all owned or operated premises and facilities including the interior, exterior grounds and parking lots (including parked vehicles).

The goal of this policy is to create a healthy environment for employees, volunteers, clients, residents and visitors. As a health region, we have a responsibility to develop and support policies in the best interests of health and well-being.

Q: Why can't individuals smoke outside Labrador-Grenfell Health facilities?

A: Smoking is a leading preventable cause of disease and death. Second-hand smoke has been proven hazardous to people's health. As a healthcare provider, we believe our clients, visitors, employees, volunteers and our community at large will see a significant health benefit as a result of implementing this new initiative. It is the right thing to do for the health of us all.

Q: How does this policy differ from our existing smoking policies/practices?

A: In the past, our policies and practices prohibited smoking inside of our hospitals, but allowed smoking in designated outdoor smoking areas (i.e., beyond a certain radius, marked in some areas by a blue line). Effective January,

2008, all our grounds are smoke free, including parking lots and vehicles on the premises.

Q: Does the policy apply to residents in long term care?

A: The new policy applies to everyone. The goal of the new policy is to ultimately work towards a 100% smoke-free environment, including long term care. We realize that this change in long term care settings will take some time, and we are working towards alternatives and supports for residents who currently smoke.

Q: What is Labrador-Grenfell Health doing to help employees/clients who smoke? Are there resources to help with the transition?

A: Labrador-Grenfell Health will have support and information available. Smoking cessation programs will be provided. Inpatients will be offered nicotine replacement therapies (i.e., the patch, nicotine gum or medication) during their hospital stay. In addition, we will be supplementing the costs of nicotine replacement therapies for our staff who choose to quit.

Q: Do employees/volunteers, clients and visitors have to quit smoking?

A: No. We are not forcing anyone to quit. We are saying that you cannot smoke on Labrador-Grenfell Health property. We have a responsibility to provide all

employees and visitors with a safe and healthy environment.

Q: What about individual rights?

A: Your individual right to choose to smoke is respected. You are not being asked to quit smoking. However, health authorities and other employers also have the right to create a healthy environment for those they serve. For this reason, we ask that individuals refrain from smoking on the premises.

Q: Can patients go off-site to smoke?

A: Patients who request to leave the property to smoke will be informed that the entire premises are smoke-free and that by leaving the property to smoke, they are placing themselves at risk for medical complications. There is also a risk of injury as hospital staff will not accompany people off the property. If a patient wishes to smoke, he/she will have to assume responsibility for his/her own safety.

Q. I receive services in my home. Since this is my home, does the policy apply? Can't I smoke if I want?

A. As an employer, Labrador-Grenfell Health has a responsibility to protect its employees from the harmful effects of exposure to second-hand smoke. We ask that when our employees are providing a service in a person's home that they refrain from smoking while receiving care.